

What are the harder parts of the day, and how could they be made less difficult?

Who supports us, and how can we help them to be available to us?

Are there skills or experience that would better set our child up for school? What could that look like?



Pre-School – My Story

How can we raise our own skills, knowledge and networks, to support us to be more confident supporting or living with disability?

What could a more sustainable break look like?

What things build and maintain your wellbeing, and how could they be more available in your week?